

Prime Time News

MOUNTAIN VIEW SENIOR CENTER

JANUARY

2012

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SENIOR CENTER HOURS

Monday - Wednesday
8:30 a.m. - 9:00 p.m.

Thursday - Friday
8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

Recreation Coordinators

DIANE ATIENZA
SARAH FOSTER (acting)

Recreation Specialists

MORGAN BYLER
NANCY HUGYIK

Nutrition Program

EARLENE MINNIS
650-964-6586

Evening Building Attendants

MANNY CANAAN
ALLIE RALPH CHING
BJ HATHAWAY
ANGELIKA IGNAITIS
JUSTINA LINAN
RICH STEPHENS

SENIOR CENTER CLOSED

The Senior Center will be closed for the following holidays:

January 2, 2012
(New Year's Observance)
and

January 16, 2012
(Martin Luther King Jr. Day)

WORKSHOPS: Please note that all workshops are free, but space is limited and preregistration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.



Digital Photos

Have a digital camera full of holiday memories? Come learn how to download pictures from your camera onto a computer. All participants must bring their digital camera, the connector cable (it may be best to

bring the entire camera box), and a flash drive to store pictures. Basic computer skills required.

Date: Wednesday, January 18

Time: 2:30 p.m.

Who Gets Grandma's Yellow Pie Plate?

Passing down mementos is an important ritual. Yet, when you have a big family and lots of people to think about, is there a strategy that could help turn a potentially stressful task into a meaningful one? Join Cindy Hofen, Certified Relocation Specialist, as she gives you some helpful tools to keep peace in the family. Bring your questions!



Date: Thursday, January 19

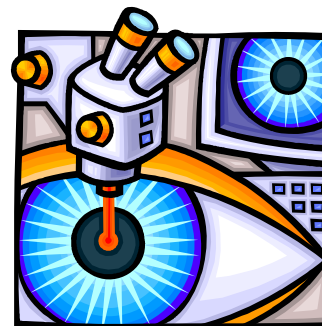
Time: 1:00 p.m.

Advances in Cataract Surgery

Join Dr. Karen Shih from the Palo Alto Medical Foundation for an overview of advances in the field of cataract surgery. Learn what a cataract is, how treatment for cataracts has changed, and when you or a loved one should consider surgery.

Date: Thursday, January 26

Time: 1:00 p.m.



WORKSHOPS

MOVIES, MOVIES, MOVIES!

Come to one of our triple showings!

Matinee showtimes: Tuesdays and Fridays at 1:00 p.m.

Evening showtime: Wednesdays at 5:30 p.m.

Location: Multipurpose Room B

All screenings have captions for the hard-of-hearing, **when available on the DVD**. There is no fee to enjoy these popular movies, and seating begins 30 minutes before the show.



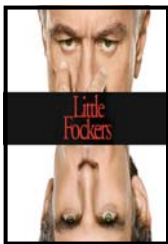
TRUE GRIT

January 3, January 4, January 6

RATED: PG-13

LENGTH: 110 Minutes

DESCRIPTION: After drifter Tom Chaney murders her father, 14-year-old Mattie Ross hires alcoholic U.S. Marshal Reuben "Rooster" Cogburn to help her exact revenge. The disreputable lawman still has grit, though, and mounts an epic search.



LITTLE FOCKERS

January 10, January 11, January 13

RATED: PG-13

LENGTH: 98 Minutes

DESCRIPTION: Greg Focker has finally won the approval of his intimidating father-in-law, retired CIA agent Jack Byrnes. But when Greg and wife Pam add a pair of rambunctious kids to the mix, the tension between the two men rises to the surface once again.



WATER FOR ELEPHANTS

January 17, 18, & 20

RATED: PG-13

LENGTH: 121 Minutes

DESCRIPTION: Veterinary student Jacob Jankowski joins a celebrated circus as an animal caretaker but faces a wrenching dilemma when he's transfixed by angelic married performer Marlena.



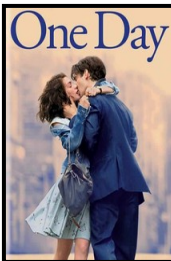
DUE DATE

January 24, January 25, January 27

RATED: R (Language, drug use and sexual content)

LENGTH: 95 Minutes

DESCRIPTION: Days before his pregnant wife's due date, Los Angeles architect Peter is about to fly home from Atlanta when a series of unfortunate incidents land him on the "no-fly" list, forcing him to hitch a ride across the country with slacker Ethan.



ONE DAY

January 31, February 1, February 3

RATED: PG-13

LENGTH: 108 Minutes

DESCRIPTION: After a romantic tryst on college graduation night, Emma and Dexter pursue separate dreams. This romantic drama based on a novel of the same name, checks in with them each year on the same date, tracking their personal and professional progress.

****NOTE:** Please bundle up or bring a lap throw with you to the movie. The room is located on the north side of the building, and some people tend to need an extra layer of clothing during the movie.

NEWCOMERS' GROUP

An orientation & tour of the Senior Center is scheduled for **Monday, January 23 at 2:00 p.m.** It includes a review of classes, upcoming events, social services & general information. Tour begins in the front lobby.

B i G B i N G O

-There will be no Bingo this month;

join us on February 6, 2012 at 1:00 p.m. in the Social Hall.

DONATIONS, DONATIONS, DONATIONS

The Senior Center accepts a variety of donations, including:

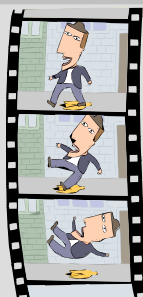
- Old eyeglasses • Magazines • DVDs • Paperback books •



FREE TABLE—Located in the game room, you may leave items for others to pick up and enjoy. No perishable or opened items. **SMALL** items only.

DVD COLLECTION

The Senior Center has a variety of DVDs available for checkout at the front desk. You can borrow up to five DVDs at a time and have them for one week. Come by the front desk to view our movie selection. We accept DVD donations to add to our collection; bring them to the Senior Center front desk. Thank you!



BOOKS FOR SALE

Donated paperback books are located in the front lobby in the middle stations and on the bookshelves in the far left corner of the lobby. These books are for sale for 10 cents each, payable at the front desk. Maximum amount to be purchased at one time is five!



SENIOR CENTER BOOK CLUB - Meetings are held the second Tuesday of each month (**1/10/2012**) in the Teen Center, 298 Escuela Avenue (next to the Senior Center), from 10:30 a.m. – 11:30 a.m. Up next for discussion is "The Paris Wife" by Paula McLain.

February's book will be "Someone Knows My Name" by Lawrence Hill.

COMPUTER VOLUNTEERS

We have helping hands ready to assist free of charge. For those with basic or higher computer skills who need to be pointed in the right direction, volunteers are here to help on some mornings and afternoons. Volunteers will write their names on the whiteboard in the Technology Room when they are available. Just come to the Technology Room and ask questions, it is that easy!

Technology Room Guidelines

Usage:

- » All computers can be used on a first come, first serve basis.
- » A 30 minute limit on all computers is enforced if there are people waiting.
- » The room is closed when computer classes and workshops take place.
- » Do not change the homepage, download any software to the computer, or save anything to the hard drive.
- » Computers are for independent use and Senior Center staff does not provide computer support. However, volunteers are available on certain days/times to answer questions.
- » If a computer appears to be broken or malfunctioning, please inform the front desk.

Respect:

- » Food and drinks are not allowed.
- » Cell phone usage is not allowed.
- » Please keep feet off of the chairs.
- » Remember to clean your area and to take all belongings with you before you leave.
- » Please respect your neighbors and moderate your voice.

Printing:

- » You may print up to 25 pages max. All pages are 5 cents each.
- » You may pick up your prints at the front desk. Pages must be paid for at that time.
- » Please pay attention to which items you are printing as all pages that are printed must be paid for (not just the ones you want).

Health and Safety:

- » To maintain a healthy environment, please do not cough or sneeze directly on the computers.
- » Please do not block walkways with chairs or other items.

INCOME TAX ASSISTANCE APPOINTMENTS

Tax assistance will be provided by AARP volunteers. They will begin accepting appointments on Tuesday, January 3, 2012. Tax appointments will be available each Tuesday and Wednesday, 9:00 a.m.-12:00 p.m. beginning Wednesday, February 1, 2012.

What to bring to your appointment:

- Copy of last year's state & federal income tax returns
- W2 form (from employer)
- 1099-INT (regarding interest income)
- 1099-DIV (regarding dividends income)
- 1099-R (retirement and IRA income)
- SSA-1099 from social security
- 1099-B (for sale of stock) plus original cost and date of purchase info.
- Any other 1099 Forms received
- If deductions are claimed, bring information to support
- Name and address of landlord to receive state renter's credit

HELP SENIORS WITH INCOME TAX RETURNS AND TAX QUESTIONS!

Free training each tax season in January on basic Federal and California tax law for individual returns.

- ◆ Receive IRS certification as a volunteer preparer
- ◆ Learn a professional tax software package
- ◆ Prepare returns at senior centers during tax season (4-8 hours per week February 1—April 15)
- ◆ Occasional off-season volunteer opportunities.

Contact AARP Tax-Aide at 1-888-687-2277 or (locally) Keith at (650) 969-5643 or visit www.aarp.org/taxaide.



Senior Advisory Committee Presents...

Planning on staying in your home or community as you age? Want to find out how? You are invited to join the Senior Advisory Committee at the Mountain View Senior Center on **Saturday, February 11, 2012** for a day of free educational seminars about **Aging in Place.**

Forty-minute segments include:

Local Senior Living Alternatives

*

Where to find Alzheimer's Resources

*

Family Caregiver Support

*

A Review of Transportation Solutions

*

How to Avoid Paying for it All

*

Document Management

*

...and more.

Mark your calendar! Bring a friend!

A representative from El Camino Hospital will be our lunchtime speaker, introducing us to the many valuable services offered to the community at the Senior Health and Resource Library.

****Cash lunch****

Includes Raffle, local vendors, and Eldercare professionals on-site to answer your questions!

VOLUNTEER CORNER

November 2011

Brown Bag	240
Lunch Program	231
Receptionists	164.5
Social Services	48
Teaching	163

Total 846.5 hours!!

INTERESTED IN PLAYING TABLE TENNIS?

The Senior Center's table tennis tables are open to ALL seniors who want to play! To play on the indoor tables, **you must sign up at our reception desk** for a half hour time slot (you do not need to sign up to use the outdoor table). All skill levels from novice to experienced can use the tables, so join the fun now!



FAREWELL DR. TANG!



After 10 years of volunteering his time to conduct hearing screenings at our center, Dr. Tang has decided to retire. The Senior Center would like to thank Dr. Tang for his commitment to our center and to our patrons. Thank you, Dr. Tang! You will be missed! The Senior Center is currently searching for a new volunteer to assist with hearing screenings, and will not offer appointments until a new volunteer is found. Please review our upcoming newsletters for updates!

SENIOR ADVISORY COMMITTEE

The Senior Advisory Committee acts in an advisory role to the City Council regarding matters pertaining to broader senior issues and operations of the Mountain View Senior Center. Meetings are held on the third Wednesday of each month (except August & December 2012) from 2:00 p.m. - 4:00 p.m.

Upcoming meetings in 2012 will be:
January 18, February 15, and March 2.

The Senior Advisory Committee presents: "Is There Life After Driving, When to Start Planning"

Participants will learn how to identify when to hang up the keys on their own terms, what transportation options are available to seniors living in Mountain View, how to plan a trip using various transportation options and hear about Santa Clara County transportation plans for the future.

Saturday, January 28, 2012

1:30 p.m. - 4:00 p.m.

Mountain View Senior Center
Social Hall

Free. Refreshments served.



Winterize your Workout!

Don't let the cold keep you from getting some exercise! Join one of the Senior Center's indoor fitness classes or work up a sweat in our exercise gym (orientation required prior to use)! Or, if you plan on heading outdoors, make sure to pay attention to the weather conditions, choose appropriate gear, and dress in layers! No matter what you choose for your winter exercise, get yourself going and have fun!



KEEPING CURRENT

Appointments are necessary, unless otherwise noted.
Call Mountain View Senior Center front desk at (650) 903-6330 or visit the front desk for an appointment.

There are NO waitlists for appointments.

HEALTH SERVICES



ALZHEIMER'S SCREENING - Free behavioral screenings offered on the **fourth Wednesday** of each month (**1/25/12**). PLEASE NOTE: This is NOT a medical screening, only a behavioral analysis.

BLOOD PRESSURE CHECK - Come to the Counseling Room to have your blood pressure checked by volunteer nurses on **Fridays from 10:30 to 11:30 a.m.** No appointment needed.

EYEGLOSS REPAIR - Adjustments, repairs, advice. **Second and fourth Tuesday** of each month (**1/10/12 & 1/24/12**).

HICAP - Medical insurance, long-term care, Medicaid & Medigap counseling. **Second Monday and fourth Tuesday** of each month (**1/9/12 & 1/24/12**).



NOTARY SERVICE - Offered the **first Thursday** (**1/5/12**) of each month. Appointments available from 8:30 - 10:30 a.m.

PODIATRY SCREENING - **Third Wednesday** (**1/18/12**) of each month. NOTE: Feet are NOT touched in the consultation; it is only an evaluation.

SOCIAL SERVICES

SENIOR ADULT LEGAL ASSISTANCE (SALA) - The **1st and 3rd Thursday** (**1/5/12 & 1/19/12**). Clients must be 60+ years old and a Santa Clara County resident. Services provided by volunteer attorneys or paralegal personnel. Legal assistance provided for Social Security, Medicare, housing, landlord issues, power of attorney for health care, elder abuse, consumer problems, and simple wills. Due to the high demand for this service, **all appointments must be confirmed by you 4-13 business days before your appointment (the Friday before the appointment, at the latest), or the appointment will be given to another patron.** Please call, email or stop by the front desk in order to confirm or cancel your appointment.

FOOD SERVICES

BROWN BAG - The Second Harvest Food Bank's Brown Bag pick-up and registration is **every Tuesday, starting at 9:30 a.m.** Pre-registration is necessary. Applications may be picked up at the front desk. For more information, please call 1-800-984-3663.

NUTRITION PROGRAM - Lunch is served **Monday - Friday** at 11:45 a.m., sign in by 11:15 a.m. Suggested donation for ages 60+ is **\$2.50**, and more information can be found on pages 8 and 9. Sponsored by Community Services Agency, (650) 964-6586.



MTA TRANSIT SENIOR CITIZEN CARDS/STICKERS

MTA will be at the Senior Center on **February 2, 2012 at 10:00 a.m.** to accept applications for discount cards. Seniors 65+ years or persons with qualifying disabilities are eligible. There is a \$3 fee. Bring legal proof of age. Also, a limited number of discount stickers go on sale the 16th of each month. Tickets are sold **Monday-Friday, 8:30 a.m. - noon**. Exact change is necessary. The cost is \$25.00 per sticker. Cash only please.



CSA INFORMATION + REFERRAL

On the **third Tuesday** of each month (**1/17/12**) at **11:00 a.m.**, agents from the Community Services Agency will be in the hallway in front of the Social Hall to answer your questions. Stop by to ask them about all the valuable services and resources available to you. No appointment is necessary.

AARP DRIVER SAFETY

REGULAR CLASS - The Safety Program class offered by AARP is scheduled for **February 7 and 14, 2012 from 5:00 p.m. to 9:00 p.m.** at the Senior Center The fee for the 8-hour classroom driving instruction session is \$12 for AARP members and \$14 for non-members. For insurance benefits, contact your insurance carrier.

REFRESHER COURSE - **Tuesday, April 3 2012 from 4:30 p.m. to 9 p.m.** The fee for the **refresher** driving instruction session is \$12 for AARP members and \$14 for non-members.

To register for classes, come in or mail a check, payable to AARP, dated the first day of the class. Send checks to the Mountain View Senior Center, P.O. Box 7540, Mtn. View, CA 94039. **Cash cannot be accepted.**

ONLINE - Driver Safety program now available. Visit www.aarp.org for information & to sign up.
NOTE: AARP may cancel course if fewer than 10 students enroll.

Mountain View Seasoned Travelers

For travel information, registration and payment:

Monday - Wednesday and Friday at the front desk, 8:30 a.m. - 12:00 p.m. and Thursday at the travel desk in front of the Social Hall, 10:00 a.m. - 11:45 a.m.

RED HAWK CASINO, Shingle

Springs

WHEN: Thursday, January 5, 2012

COST: \$33 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity and a casino bonus!

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 6:30 p.m.

CACHE CREEK CASINO,

Brooks

WHEN: Tuesday, February 7, 2012

COST: \$33 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 5:30 p.m.

THUNDER VALLEY

CASINO, Lincoln

WHEN: Thursday, March 8, 2012

COST: \$33 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 5:30 p.m.

CHUKCHANSI GOLD

CASINO, Coarsegold

WHEN: Wednesday, April 4, 2012

COST: \$33 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 6:30 p.m.

RIVER ROCK CASINO, Alexander Valley

WHEN: Thursday, May 3, 2012

COST: \$31 per person

INCLUDES: Round trip transportation via luxury motor coach, driver's gratuity, and a casino bonus!

DEPART: 7:30 a.m. from Rengstorff Park

RETURN: Approximately 6:30 p.m.

GOLDEN GIRLS OF POP LUNCHTIME CABARET

WHEN: Thursday, February 16, 2012

COST: \$82.00 per person

INCLUDES: Long-time San Francisco favorite, Marianne Kent, sings the songs of famous female pop vocal stars of the 1950s. Enjoy a hosted luncheon at Imperial Palace Restaurant as you listen to the songs made timeless by Peggy Lee, Judy Garland, Doris Day, and Rosemary Clooney.

DEPART: 11:45 a.m. from Rengstorff Park

RETURN: Approximately 5:00 p.m.

A DAY AT THE RACES

WHEN: Thursday, April 12, 2012

COST: \$78.00 per person

INCLUDES: Join us for a day at the beautiful Golden Gate Fields to see the best jockeys in the nation, as they fly around the track on big beautiful horses. Bet on your favorite and enjoy a Turf Club Buffet Lunch.

DEPART: 10:15 a.m. from Rengstorff Park

RETURN: Approximately 6:30 p.m.

CULINARY INSPIRED

NAPA VALLEY DAY TOUR

WHEN: Monday, May 14, 2012

COST: \$111.00 per person

INCLUDES: Tour the Culinary Institute of America and then enjoy a three-course hosted luncheon offering an array of delicious temptations prepared by these culinary artisans. Then, tour Oxbow Public Market and sip, shop, and savor local artisan specialties.

DEPART: 8:30 a.m. from Rengstorff Park

RETURN: Approximately 5:30 p.m.

CANADIAN ROCKIES & GLACIER NATIONAL PARK

WHEN: July 7-14, 2012








COST: Double: \$3,149; Single: \$3,949; Triple: \$3,119*

DESCRIPTION: Take the trip of a lifetime to the Canadian Rockies & Glacier National Park! Go from Waterton Lakes National Park all the way to Calgary Stampede!

INCLUDES: Round trip air from San Francisco Intl airport, Air taxes and fees/ Surcharges, and hotel Transfers. Also includes 9 meals. Call Collette Vacations for more information: 1-800-770-6740.



TRAVEL

Monday	Tuesday	Wednesday
<p>2</p>  <p>CLOSED NEW YEAR'S OBSERVANCE</p>	<p>3</p> <p>11:45 Lunch Menu Ron's special chicken Whole grain bread Mixed veggies Green salad Tropical fruit</p> <p>1:00 Movie: True Grit 4:00 Wii Bowling</p>	<p>4</p> <p>10:30 Line Dancing, lunch room 11:45 Lunch Menu Baked salmon w/crab Couscous w/onions, bell peppers & mushrooms</p> <p>12:45 Bingo, lunch room 5:30 Movie: True Grit</p>
<p>9</p> <p>8:30 HICAP 10:30 Dancing, lunch room 11:45 Lunch Menu Beef stir fry Brown rice Roasted carrots, zucchini, red bell pepper, onions & sesame seeds Orange</p> <p>2:00 Hearing Screening</p>	<p>10</p> <p>9:15 Eyeglass Repair 10:30 Book Club - "The Paris Wife" 11:45 Lunch Menu Chili Verde w/Tortilla Fresh refried beans Green Salad Tropical fruit</p> <p>1:00 Movie: Little Fockers 4:00 Wii Bowling</p> 	<p>11</p> <p>10:30 Line Dancing, lunch room 11:45 Lunch Menu Spaghetti & meatballs Garlic bread Italian veggies (tomato & bell pepper) Salad Pears</p> <p>12:45 Bingo, lunch room 5:30 Movie: Little Fockers</p> 
<p>16</p> <p>CLOSED</p> <p>MARTIN LUTHER KING, JR. HOLIDAY</p> 	<p>17</p> <p>11:00 CSA Information + Referral 11:45 Lunch Menu Meat loaf Whole grain bread Mixed veggies Fortified mashed potatoes Banana</p> <p>1:00 Movie: Water for Elephants 4:00 Wii Bowling</p>	<p>18</p> <p>10:00 Podiatry Screening 10:30 Line Dancing, lunch room 11:45 Lunch Menu Baked fish, brown rice Peas & pearl onions Carrot raisin salad Orange</p> <p>12:45 Bingo, lunch room 2:00 Senior Advisory Committee Mtg 2:30 Workshop: Digital Photos 5:30 Movie: Water for Elephants</p>
<p>23</p> <p>10:30 Dancing, lunch room 11:45 Lunch Menu Beef stew Whole grain roll Carrots, peas, onions, celery & potatoes in stew Happy Lunar New Year! Year of the Dragon</p> <p>2:00 Newcomers' Group</p> 	<p>24</p> <p>9:15 Eyeglass Repair 11:00 CSA Information + Referral 11:45 Lunch Menu Chicken cacciatore w/ noodles Bell peppers, mushrooms, tomatoes (entrée) Green salad Apple crisp</p> <p>1:00 Movie: Due Date 2:00 HICAP 4:00 Wii Bowling</p>	<p>25</p> <p>10:30 Line Dancing, lunch room 11:45 Lunch Menu Roast pork loin Whole grain bread Broccoli, cauliflower, & carrots Noodles Fruit</p> <p>12:30 Alzheimer's Screening 12:45 Bingo, lunch room 5:30 Movie: Due Date</p>
<p>30</p> <p>10:30 Dancing, lunch room 11:45 Lunch Menu Chicken cordon bleu Brown rice Peas & pearl onions Green salad orange</p> 	<p>31</p> <p>11:45 Lunch Menu Beef stroganoff w/ noodles Calif. Blend veggies Cabbage salad Gelatin w/ fruit</p> <p>1:00 Movie: One Day 4:00 Wii Bowling</p> 	

Thursday

Friday

TRADITIONAL

MANDARIN FRIED RICE

Prep time: 5 min

Serves: 4

Cook time: 12 min.

Ingredients:

Canola oil

3 eggs

2 tablespoons minced garlic

2 tablespoons minced ginger

1 bunch chopped scallions, green and white separated

1 lapchang, diced (Chinese sausage), can substitute with 4 strips of bacon

8 cups cooked, day-old long grain rice

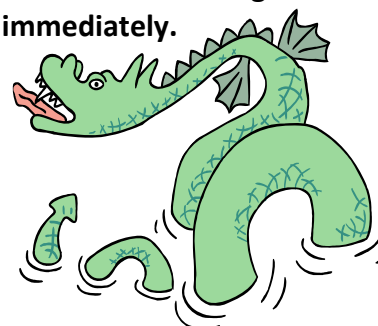
3 tablespoons thin soy sauce

½ teaspoon white pepper

Salt

Directions

In a wok, add 2 tablespoons of oil and quickly soft-scramble the eggs. Remove the eggs. In the same wok, coat with oil and stir-fry garlic and ginger. Add white scallions and lapchang. Add rice and mix thoroughly. Add soy sauce, white pepper and scrambled eggs. Check for seasoning. Serve immediately.



5
7:30 Red Hawk Casino Trip
8:30 Notary Service Appointments
10:00 VTA Transit Cards
10:30 Bookmobile
11:45 Lunch Menu
Baked ham, pineapple sauce on side
Whole grain bred
Calif. Blend veggies
Baked potato
Fruit
1:00 SALA Appointments



6
10:30 Blood Pressure Check
10:45 Dancing w/ Ana & Irv
11:45 Lunch Menu
Chicken noodle soup w/ veggies
Dinner roll
Cabbage salad
w/ tomatoes, carrots & 1/2 egg
Orange
1:00 Movie: True Grit



12
10:30 Bookmobile
11:45 Lunch Menu
Oven fried chicken
Whole grain bread
Broccoli & carrots
Fortified mashed potatoes
Fruit cocktail

13
10:30 Blood Pressure Check
10:45 Dancing w/ Ana & Irv
11:45 Lunch Menu
Breaded fish
Whole grain bread
Chefs blend veggies
Baked potato
Apple
1:00 Movie: Little Fockers

19
10:30 Bookmobile
11:45 Lunch Menu
Beef lasagna
Whole grain bread
Broccoli & carrots
Fortified mashed potatoes
Fruit cocktail
1:00 SALA Appointments
1:00 Workshop: Who Gets Grandma's Yellow Pie Plate?



20
10:30 Blood Pressure Check
10:45 Dancing w/ Ana & Irv
11:45 Lunch Menu
Boneless pork chop
Brown rice
5 way blend veggies
Tossed salad
Tropical fruit
Celebrate January birthdays with birthday cake!
1:00 Movie: Water for Elephants



26
10:30 Bookmobile
11:45 Lunch Menu
Chicken enchilada
Spanish rice
Corn
Green salad
Fruit
1:00 Workshop: Advances in Cataract Surgery



27
10:30 Blood Pressure Check
10:45 Dancing w/ Ana & Irv
11:45 Lunch Menu
Country fried steak
Whole grain bread
broccoli & carrots
Mashed potatoes
Pears
1:00 Movie: Due Date

NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium

WELCOME to the "Back Page" of the Prime Time News! This page is your one spot stop to connect to the community at the Senior Center, the City of Mountain View, and beyond! Holiday memories, cheese making, class information, special Senior Center events; it's all listed here!

Cheese Making Workshop

February 11, 2012
1:00 p.m. to 4:00 p.m.
\$35 per person.



Presented by Deer Hollow Farm of the City of Mountain View in conjunction with the Friends of Deer Hollow Farm. All proceeds support the livestock at Deer Hollow Farm.

Do you love cheese? Ever thought of making your own? For many, the prospect of making your own cheese is a bit daunting. In this three hour course, "Farmer" Claire will show you how fun and simple making cheese can be. We will focus on two soft cheeses – mozzarella and chevre. By the end of the class, participants will walk away with a basic understanding of the cheese making process, techniques for successful home cheese making, and tips for sourcing quality materials and ingredients. Sign up, bring your apron, and get ready to taste delicious cheeses made by your own two hands!

Pre-registration is required. To receive a registration form e-mail deerhollow-farm@mountainview.gov or call (650)903-6430 extension 5 and leave your name, phone number, and e-mail address. Anyone 12 years and older welcome. Anyone 12-16 years old must be accompanied by an adult. Space is limited! Register today! Last date to register and pay: Thursday, January 26th, 2012.

Are you on **facebook**? Get to-the-minute updates on recreation opportunities and events by "liking" the City of Mountain View Recreation Division Facebook page!

Our Winter/Spring Class Guide is Here!

Get the new year started off right by joining one or more of our many classes held at the Senior Center, including exercise, arts and crafts, music, dance, and more! Class Guides are available at the Senior Center front desk.



FUN AT THE SENIOR CENTER HOLIDAY BAZAAR

Saturday, November 19, 2011

**GIVE US
YOUR EMAIL**

If you would like to receive the **Senior Center Monthly Prime Time News Newsletter** via email, please contact the front desk to give us your name and email address. Newsletters are sent on the last Friday of the month so check your inbox!